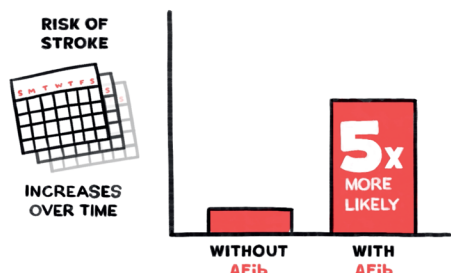


Increasing AFib Stroke Risk & the CHA₂DS₂-VASc Score

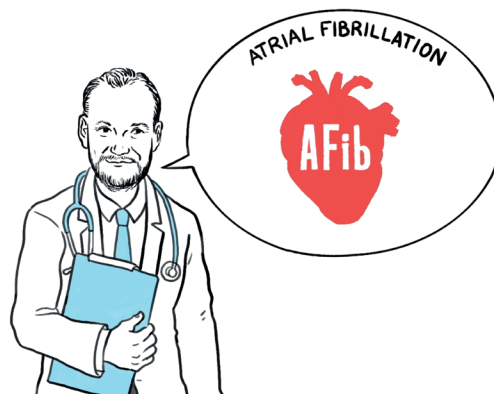
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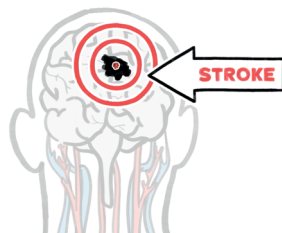
Welcome to the Clot Wise Education Program!



Before we take a more in-depth look at AFib and stroke risk, remember that **people with AFib are five times more likely to have a stroke than those without AFib.** This is because



there is a high risk of blood clots forming in the upper chambers of the heart, called the atria. These blood clots can travel to the brain and cause a stroke.

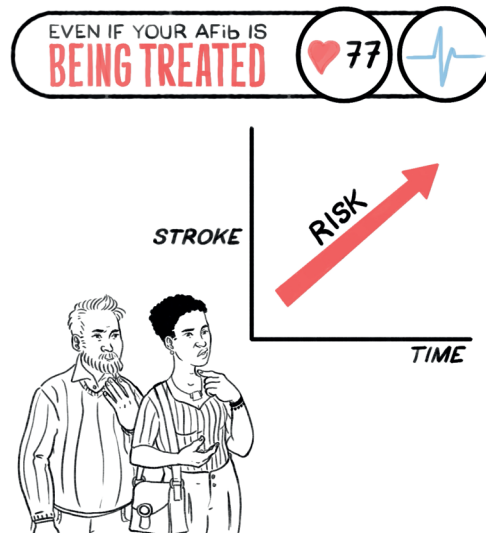


What many people may not know is that **even if your AFib is being treated with rate and rhythm medicines and you feel fine, your stroke risk can still increase over time.** Why does this matter?

When you were first diagnosed with AFib, your doctor may have found that you **were at a low risk for stroke.** In this case, they may have decided at the time that you did not need to take a blood thinner, or that you would be fine just taking a daily aspirin. However, **age and other health factors may mean your stroke risk has gone up.**



So, if you're not already taking a blood thinner, be sure to **check in with your doctor** every so often about your stroke risk and whether you should **start taking a blood thinner to reduce your risk for stroke.**



One tool that can help in this discussion is the **CHA₂DS₂-VASc score.** It assigns point values to certain risk factors that can raise a person's risk for having a stroke. When you **add these points up**, you can determine your stroke risk on a scale from 0 (low risk) to 9 (high risk).

CHA ₂ DS ₂	
<input checked="" type="checkbox"/>	+1 CONGESTIVE HEART FAILURE
<input type="checkbox"/>	+1 HYPERTENSION
<input type="checkbox"/>	+2 AGE 75 OR OLDER
<input type="checkbox"/>	+1 DIABETES
<input type="checkbox"/>	+2 STROKE HISTORY
VASc	
<input type="checkbox"/>	+1 VASCULAR DISEASE
<input checked="" type="checkbox"/>	+1 AGE 65 - 74
<input type="checkbox"/>	+1 SEX CATEGORY FEMALE

2 TOTAL SCORE

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Because the **number of risk factors you have tends to increase over time**, the CHA₂DS₂-VASc score can be used every so often to track your stroke risk and see whether it has gone up.

So, what does the CHA₂DS₂-VASc score have to do with how AFib* is treated? The treatment **guidelines from the American Heart Association** can help.

For people with AFib and a CHA₂DS₂-VASc score of 2 or higher, the American Heart Association recommends prescribing an oral anticoagulant blood thinner.

And while both warfarin† and direct oral anticoagulants, or DOACs, are considered to be oral anticoagulants, **the American Heart Association recommends DOACs over warfarin** for the management of stroke risk in people with AFib.

PEOPLE WITH **AFib** & A
CHA₂DS₂-VASc

SCORE OF

2

OR **HIGHER**



AN **ORAL**
ANTICOAGULANT
BLOOD THINNER



And what about aspirin? **As of 2019, the American Heart Association no longer recommends it as an option to prevent AFib-related stroke no matter what your CHA₂DS₂-VASc score is.**

If you're not already taking a blood thinner, be sure to ask your doctor about

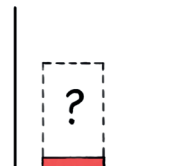
your own stroke risk. You and your doctor can discuss whether it's time to start taking a blood thinner to help keep you protected.



IF YOU'RE NOT ALREADY TAKING
A **BLOOD THINNER**



YOUR
RISK OF
STROKE



**ASK YOUR DOCTOR ANY QUESTIONS YOU HAVE
ABOUT WHAT YOU LEARNED HERE TODAY**

To learn more about AFib Stroke Risk & the
CHA₂DS₂-VASc Score visit **www.ClotWise.com/AFib**
or scan the QR code to visit the website:



*AFib that is not caused by a heart valve problem.

†Coumadin® and Jantoven® are brand names for warfarin. Third-party trademarks used herein are trademarks of their respective owners.